

# Jam



The sugar in this jam is grown by a farming family who have grown sugar cane for over three generations.

The farmers are paid a fair price which is allowing them to pay for a deep well to provide water for the whole community.

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Making jam at home has become more and more popular in recent years with many home cooks starting up small jam businesses, selling their jam in local shops or markets.

Most jams made this way are made with local fruit too, so there are very little food miles.

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Milk and dairy products are providers of calcium, phosphorous, magnesium and protein which are all essential for healthy bone growth and development. Buying British dairy products supports British dairy farmers.



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# Sponge cake



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Buying Fairtrade chocolate makes a huge difference to the lives of cocoa farmers and their families around the world. Fairtrade helps to make cocoa farming more sustainable by guaranteeing minimum prices and providing a premium to invest in local communities, so farmers can provide a better future for themselves and their families.

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# Crisps



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# Red Grapes



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# Strawberries



Strawberries grew wild in Europe and eastern North America. They were grown by the Romans and were a popular fruit in Europe during the Middle Ages.

This year 98 in every 100 strawberries sold in Britain over the summer were grown in the UK.

## Warwickshire

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One in three bananas bought in the UK is Fairtrade and it makes a huge difference to thousands of farmers, workers and their families. Buying Fairtrade bananas in the UK means that producers are guaranteed a minimum price, get an extra premium to invest in their community and have improved workplace conditions and protection.

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The profit the farmers make from selling these fair trade oranges goes towards supporting crèches, providing school fees and uniforms for children of all the workers and many orphans.

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## Spain

# Mayonnaise



A thick, creamy, cold sauce or dressing made by beating oil and egg yolks, usually with some wine vinegar, salt, pepper and mustard. Used to dress salads or combined with seafood, poultry, eggs or vegetables to make cold starters or main dishes.

## Belgium

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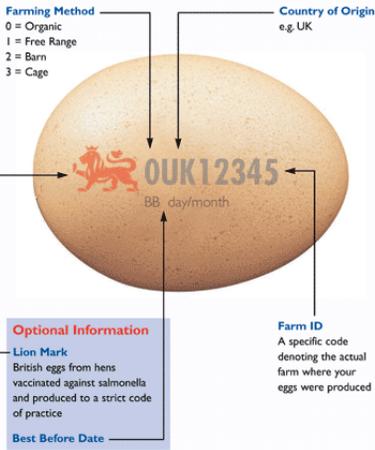


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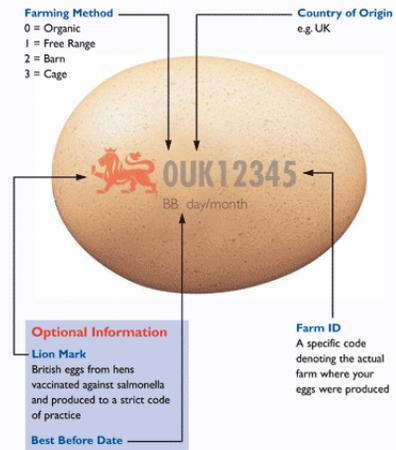
# Eggs

## Shropshire



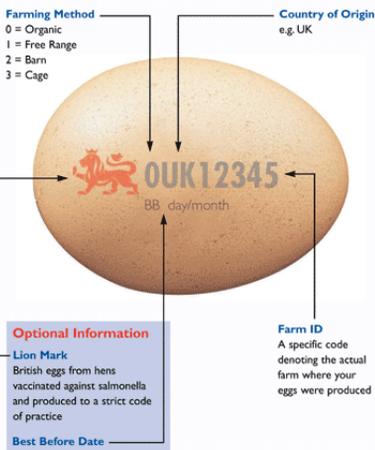
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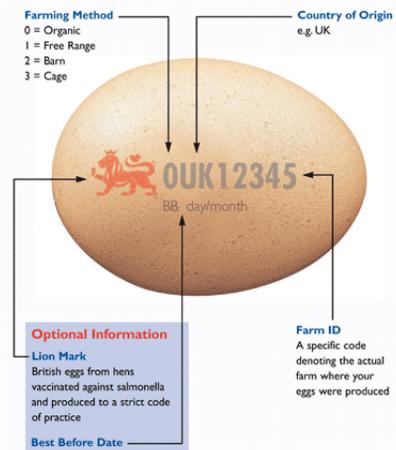
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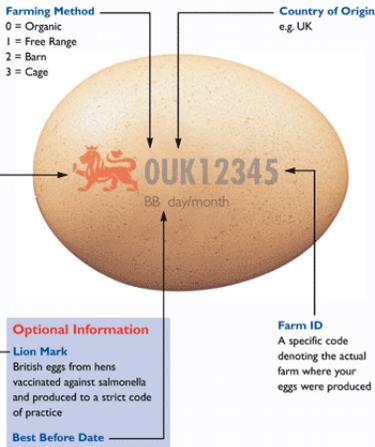
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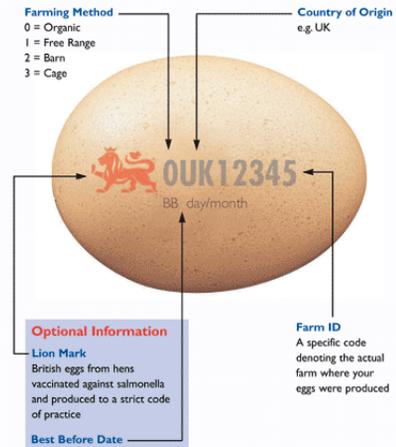
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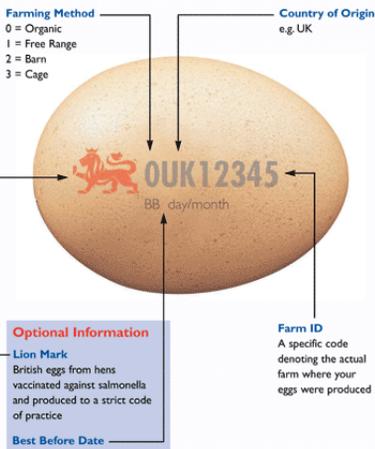
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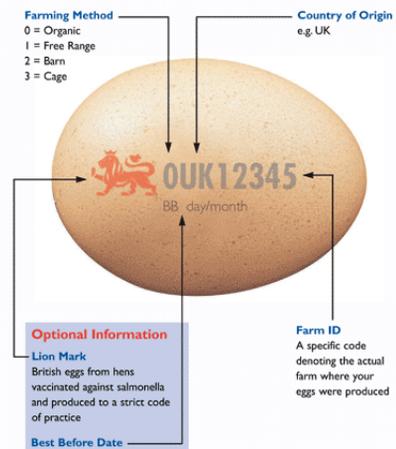
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# Feta Cheese



Feta is one of the most famous Greek cheeses. The cheese is protected by EU legislations and only those cheeses manufactured in Macedonia, Thrace, Thessaly, Central Mainland Greece, the Peloponnese and Lesvos can be called 'feta'.

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# Edam



**Edam** is a semi-hard cheese that originated in the Netherlands, and is named after the town of Edam. Edam ages and travels well, and does not spoil; it only hardens. These qualities made it the world's most popular cheese between the 14th and 18th centuries, particularly with sailors.

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## Cheddar Cheese



Probably the most consumed cheese in the world, Cheddar originated from Somerset around the late 12th Century and took its name from the Gorge or caves in the town of Cheddar that were used to store the cheese. The constant temperature and humidity of the caves provided a perfect environment for maturing the cheese.

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English Cucumbers are generally sweeter than the regular, common cucumber. It is longer, sometimes a bit thinner, and has very tiny seeds

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Most British Ham has the 'Red Tractor' logo, this means that the animal has been reared to high standards focusing on animal health and welfare but also food safety and hygiene. The ham can also be traced right back to the farm that reared the pigs.

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# Lettuce



The UK climate is particularly suitable for production, as leafy salads grow best in an even temperature. If the climate is too hot, many will go to seed. This is why you will find many producers near the coast around the UK as the coastal breeze keeps the temperature down.

## Devon

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Lettuce has to be transported at 3°C this means it has to be taken in special refrigerated vehicles which use more energy to run. In fact it takes 127 calories of energy to import 1 calorie of lettuce. However, because of the warmer climate Spanish lettuce is available for most of the year.

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## Spain

# Tomatoes



British tomatoes are grown in Glass greenhouses. This means that even in cold weather they can grow, so the supply of British tomatoes is always reliable as it does not depend on the weather conditions. However they are only grown from March to November.

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In Spain most tomatoes are grown in greenhouses covered with Polythene, instead of glass, this material needs replacing every three years and so is not very sustainable. However, because of the warmer climate Tomatoes from Spain are usually available all year round.

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The majority of South African apples are grown in the Elgin Valley in the Western Cape. Because of the warmer climate South African apples are available from March to October in all major UK retailers.

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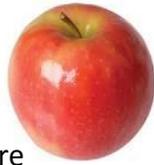
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Apples have been grown in the UK since the Roman times, now there are 22000 acres of Apple Orchard just in Herefordshire! Buying apples from the UK can help support the national economy as the apple industry provides lots of jobs for local people.

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## Herefordshire

# Bread



Buying local bread can support small local business and help local people stay in employment.  
However, the bread can be more expensive.

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Buying bread from abroad can be a lot cheaper as it is usually made in a big factory. However, because it has to travel a long way before it gets to our supermarket there are often lots of added preservatives in it.

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# TUNA

**Pole and Line  
Caught**

Each fish is caught individually using a fishing pole, so there are never and other species such as dolphins or turtles harmed by this fishing method.

**South Atlantic**



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## Caught with nets

Big schools of Tuna is are surrounded by a big net. This method of fishing is very efficient and can make the tuna cheaper to buy but it is hard to stop other animals getting trapped as well., Such endangered species such as Dolphins and turtles .

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